

Aquatics

Pool Rules

- Certified lifeguards will be on duty at all times. Patrons who do not obey pool rules will be disciplined based on the severity of the action.
- An adult must accompany children under the age of 10. Children 5 years and younger must be within arms reach of a responsible adult at all times while they are swimming.
- Children under 3 years of age must wear plastic pants or swim diapers.
- Swimming in the deep end of the pool, and use of the diving board is permitted once a patron has completed the prerequisite swim test.
- Patrons must shower before entering the water.
- Proper swim attire must be worn. No cutoffs, shorts or leotards. Only white T-shirts will be allowed.
- Wet swimsuits may not be worn outside of the locker/pool area.
- Tobacco products are not allowed. Food products are not allowed in the pool area. Food is allowed on the patio and balcony only.
- Persons with contagious conditions, open wounds, sores, infections, or fungal diseases are not allowed in the pool or pool area.
- Running, pushing, shoving, boisterous and rough play is prohibited.
- Any person suspected of being under the influence of alcohol and/or controlled substances will be asked to leave the facility.
- Jumping is permitted in the shallow and deep ends of the pool. Look before you jump and jump feet first, jumping straight out from the wall.
- Diving is only permitted in the deep end. Somersaults and back dives from the deck of the pool are prohibited.
- Diving and playing on the starting blocks are prohibited.
- Spitting, spouting water or blowing nose into water is prohibited.
- The lifeguard must approve any flotation device. Children unable to swim may use a USCG approved life jacket. Swimmies and noodles are NOT permitted.
- A chairlift is available for ease of access into the pool.
- Hanging onto the buoys and lane lines is not allowed.
- Management reserves the right to take action on any situation that may not be in the best interest of the public.
- Street clothes or street shoes are only permitted in designated areas of the pool deck.

Aquatics

Aquatics (cont.)

Diving Board Rules

- Divers must demonstrate swimming ability by swimming 2 continuous widths of the pool and treading water for 1 minute.
- Only one person is allowed on the diving board at a time. Persons in line must wait until the previous diver has safely reached the pool ladder before climbing on the diving board.
- Divers must exit the diving area at the nearest ladder.
- Flotation devices and assistance is NOT permitted.
- Safe diving must be practiced. No running, cartwheels or handstands on the diving board. Inward dives and multiple bounces are prohibited.
- Diver must dive straight out from the board.
- Swimming and jumping from the deck are not permitted in the diving area.



Water Feature Rules

- Goggles, fins, watches, jewelry, zippers, buckles, snaps, life jackets and flotation devices are NOT to be worn while using the slide.
- Only one person is allowed on the slide at any time. The life-guard will signal when the next slider may go.
- Patrons must be 42" tall or taller to use the slide.
- Patrons who are pregnant, have a fear of heights, or have experienced heart or back problems should not use the slide.
- Sliders must go down the slide in a sitting position or on their back, feet first.
- The Leisure Pool hours are posted.
- There will be a 15-minute safety break every hour for participants under age 18 years.



Reminder

The number of lanes available for lap swimming is based on the number of participants in all areas of the pool.

Aquatics (cont.)

Storm Policy

In the event that an electrical storm is in the area, the indoor pool will be closed. The pool closure is an effort to make The Pavilion a safe environment. Please understand this policy has been set for your protection, and classes will be rescheduled if canceled due to weather. The department follows American Red Cross guidelines for weather issues: There will be a 30 minute waiting period from the last sight of lightning or sound of thunder.



Swim Diapers

All Children 3 years and under **MUST** wear swim diapers while swimming at The Pavilion. This is a health and safety issue that can affect **ALL GUESTS!** In the event of a fecal contamination, the pool must be closed for 4 hours. Swim diapers will be available at the front desk for \$1.

Six P-L-E-As for Healthy Swimming

- Please bath yourself and your child thoroughly with soap and water before swimming.
- Please don't swim when you have diarrhea...this is especially important for kids in diapers
- Please change diapers in the locker room/bathroom and not on the pool deck or on the bleachers.
- Please wash your hands with soap and water after using the toilet or after changing diapers.
- Please take your children to the bathroom often for breaks.
- Please don't swallow the water.

Aquatics (cont.)

Winter / Spring Swim Lessons

Monday Classes (Class meets one day per week for 6 weeks)

Session 1

Registration: December 17 - January 7

Class Dates: January 12 - February 16

Session 2

Registration: February 16 - March 10

Class Dates: March 15 - April 26 (No class March 29)

Tuesday/Thursday Classes (Class meets two days per week for 4 weeks)

Session 1

Registration: December 17 - January 7

Class Dates: January 13 - February 5

Session 2

Registration: January 28 - February 11

Class Dates: February 17 - March 11

Session 3

Registration: March 11 - March 31

Class Dates: April 6 - April 29

Session 4

Registration: April 14 - April 29

Class Dates: May 4 - May 27

Wednesday Classes (Class meets one day per week for 6 weeks)

Session 1

Registration: December 17 - January 7

Class Dates: January 14 - February 18

Session 2

Registration: February 18 - March 10

Class Dates: March 17 - April 28 (No class on March 31)

Saturday Classes (Class meets one day per week for 6 weeks)

Session 1

Registration: December 17 - January 7

Class Dates: January 17 - February 21

Session 2

Registration: February 21 - March 10

Class Dates: March 13 - April 24 (No class on April 3)

Aquatics (cont.)

Classes will not meet the week of Spring Break, March 29 – April 3. If school is cancelled for inclement weather there will be no swimming lessons that day. Saturday lessons may call 863-7865 30 minutes before class time to check to see if classes are cancelled.

One day per week classes meet 6 times.

Two day per week classes meet 8 times.

Water Babies

M	3:45 PM - 4:15 PM	Fee: \$22.50R, \$30NR
TTH	10:00 AM - 10:30 AM	Fee: \$30R, \$40NR
	4:20 PM - 4:50 PM	Fee: \$30R, \$40NR
SAT	9:15 AM - 9:45 AM	Fee: \$22.50R, \$30NR

Level I

M	4:20 PM - 4:50 PM	Fee: \$22.50R, \$30NR
TTH	10:35 AM - 11:05 AM	Fee: \$30R, \$40NR
	3:45 PM - 4:15 PM	Fee: \$30R, \$40NR
W	11:00 AM - 11:30 AM	Fee: \$22.50R, \$30NR
SAT	10:00 AM - 10:30 AM	Fee: \$22.50R, \$30NR
	10:45 AM - 11:15 AM	Fee: \$22.50R, \$30NR

Level II

M	5:00 PM - 5:45 PM	Fee: \$41.25R, \$48.75NR
	7:00 PM - 7:45 PM	Fee: \$41.25R, \$48.75NR
TTH	11:15 AM - 12:00 PM	Fee: \$55R, \$65NR
	6:00 PM - 6:45 PM	Fee: \$55R, \$65NR
W	10:00 AM - 10:45 AM	Fee: \$41.25R, \$48.75NR
SAT	10:00 AM - 10:45 AM	Fee: \$41.25R, \$48.75NR
	11:00 AM - 11:45 AM	Fee: \$41.25R, \$48.75NR

Level III

M	6:00 PM - 6:45 PM	Fee: \$41.25R, \$48.75NR
TTH	5:00 PM - 5:45 PM	Fee: \$55R, \$65NR
SAT	10:00 AM - 10:45 AM	Fee: \$41.25R, \$48.75NR
	11:00 AM - 11:45 AM	Fee: \$41.25R, \$48.75NR

Level IV

SAT	9:00 AM - 9:45 AM	Fee: \$41.25R, \$48.75NR
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Level V

SAT	9:00 AM - 9:45 AM	Fee: \$41.25R, \$48.75NR
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Adult Beginners

SAT	8:00 AM - 8:45 AM	Fee: \$41.25R, \$48.75NR
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Advanced Adults

SAT	8:00 AM - 8:45 AM	Fee: \$41.25R, \$48.75NR
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Aquatics (cont.)

Swim Lessons

Water Babies & Toddlers (ages 6 mos. - 35 mos.)

Water Babies is an interactive class between parent and child. The class is designed to introduce the child to water as well as water adjustment, kicking and arm movements, correct holding techniques and lots of FUN! The parent must accompany the child in the water.

Level I - Water Exploration (ages 3 - 5 years)

Water Exploration is a water adjustment course. Students are taught to submerge their face and bobbing skills. They perform supported floating on the front and the back as well as basic arm motions and kicking skills.

Level II - Primary Skills

Primary Skills classes teach students to fully submerge and retrieve objects with assistance. Students learn to float unassisted and swimming skills on the front and back are taught. Students will also learn to turn.

Level III - Stroke Readiness

Stroke Readiness classes teach students to retrieve objects, swimming with eyes open, breath control, and bobbing. Students learn diving in the kneeling and compact positions. Students begin to coordinate the front and back crawl strokes and learn the elementary backstroke kick and treading water.

Level IV - Stroke Development

Stroke Development classes are designed to teach endurance and technique for the front and back crawl. New skills include: breaststroke kick, sidestroke kick, the elementary backstroke, treading water using various kicks, standing dives and introduction to turning at the wall.

Aquatics (cont.)

Swim Lessons (Continued)

Level V - Stroke Refinement

Stroke Refinement classes will help students begin to coordinate the breaststroke, and the sidestroke. Students are building endurance and technique in the front and back crawl, underwater swimming, and the elementary backstroke. New skills include: long shallow dives, surface diving, and the dolphin kick. Students continue working on open turns and alternate breathing.

Adult Beginner's

The Beginner's classes are for adults who have a fear of the water or have never learned to swim. Water adjustment and basic swimming skills such as floating, kicking, and arm movements are the focus of this class.

Advanced Adult

This class is designed for the swimmer who knows the strokes but need help perfecting each stroke and building endurance. This class is for the adult who can swim 50 yards continuously and would like to begin an exercise routine that includes lap swimming.

Private Swim Lessons

Need some extra help? We offer private swimming lessons to ages 3—adults. Stop by or call the Pavilion for more information.

Registration:	Open Registration	
Classes:	Scheduled through instructor	
Fee:	Must be purchased in packages	
	(No discounts for Private Lessons)	
	3 classes	\$30 R / \$45 NR
	5 classes	\$50 R / \$75 NR

Aquatics (cont.)

Summer Swim Lessons

Swim lesson registration and class date schedules:

Session:	Registration:	Class Dates:
Session One	May 1 - 26	June 7 – June 17
Session Two	May 1 – June 16	June 21 – July 1
Session Three	May 1 – June 30	July 5 – 15
Session Four	May 1 – July 19	July 19 – July 29

All of the following classes are offered each session. Classes meet Monday - Thursday.

Swim Level	Class Times
Water Babies	10:00 AM – 10:30 AM 5:30 PM – 6:00 PM \$30R / \$40NR
Level I	10:40 AM – 11:10 AM 11:20 AM – 11:50 AM 6:10 PM – 6:40 PM 6:50 PM – 7:20 PM \$30R / \$40NR
Level II	10:00 AM – 10:45 AM 11:00 AM – 11:45 AM 5:00 PM – 5:45 PM 6:00 PM – 6:45 PM \$55R / \$65 NR
Level III	9:00 AM – 9:45 AM 10:00 AM – 10:45 AM 5:00 PM – 5:45 PM 6:00 PM – 6:45 PM \$55R / \$65 NR
Level IV	9:00 AM – 9:45 AM 11:00 AM – 11:45 AM 7:00 PM – 7:45 PM \$55R / \$65NR
Level V	9:00 AM – 9:45 AM 7:00 PM – 7:45 PM \$55R / \$65NR
Adult Beginners	7:00 PM – 7:45 PM \$55R / \$65NR

Aquatics (cont.)

Adult Stroke Clinic

Would you like to improve your swimming skills? This class will improve techniques and help build endurance. We will assist you in designing a workout that is enjoyable and will provide more benefits than regular lap swimming.

Registration: Register by each Wednesday before the class is scheduled

Classes: 1st Saturday of each month

Fee: \$10 R / \$15 NR

Home School Gym & Swim

Don't get cabin fever this winter! Come play at the Pavilion! Children will play organized gym games for an hour and finish up with playtime in the pools. If schools are closed due to inclement weather, the gym & swim program will not meet and a make-up day will be scheduled.

Registration: Session 1: December 17 - January 16
Session 2: March 5 - March 19

Classes Meet: Fridays 10:00 AM - 12:00 PM
Session 1: January 16 - March 5
Session 2: March 19 - May 14

Fee: \$30 R / \$40 NR (8 visits)

*No Classes the week of March 29 - April 2

*A 25% discount for more than one child per family is now available. The first child will pay the regular rate. 25% will be taken off of each child's rate after that.

*Anyone wishing to participate for the day may pay a regular daily admission but cannot participate in the gym games.

Scuba Diving

The adventure begins! The Pavilion is proud to offer Naui scuba diving. This is an internationally recognized scuba program with a lifetime certification. The class will consist of (6) classroom and pool sessions. Students provide their own mask, fins, and snorkels. The diving equipment is supplied by the instructor. This will prepare you for open water dives, which are an additional fee and are arranged with the instructor for local diving or a planned dive trip to Florida.

Registration: TBA

Classes: TBA, (6) 3-hour classes of instruction and pool diving lessons

Session: TBA

Fee: \$200 R / \$220 NR

Aquatics (cont.)

Lifeguard Training

Lifeguard Training is an American Red Cross program. It provides lifeguards with the skills and knowledge necessary to keep patrons of aquatic facilities safe in and around the water. It teaches them how to prevent, recognize, and respond to emergencies. This program includes CPR for the Professional Rescuer and First Aid training. Pre-requisites include:

- 15 years old
- Swim 500 yards continuously, 200 yards Front Crawl, 100 yards Breaststroke, and 200 yards using Front Crawl and/or Breaststroke (No time limit)
- Must sprint 20 yards, surface dive to 7-10 feet deep, retrieve a 10 lb. weight, and swim 20 yards holding the weight with both hands

Registration / Classes: February TBA
May TBA

Fee: \$150

Water Aerobics

Hi - Intensity

Hi Intensity Aerobics is a great cardiovascular workout. This class has all the benefits of aerobics on land without the sweat. Classes will combine exercise in the deep end as well as standing depth. Come join us for exercise in a fun and social atmosphere! Non-swimmers may participate in shallow water throughout the class.

Registration: Open Registration

Classes: TTH 6:00 PM - 6:50 PM
SAT 8:00 AM - 8:50 AM

Fee: Class \$5 R / \$6 NR
Package 10 classes \$40 R / \$50 NR

Senior Aerobics

Senior Aerobics class is designed especially for seniors who want to work out in the water but do not like swimming laps. It will provide cardiovascular exercise while improving flexibility.

Registration: Open Registration

Classes: TTH 9:00 AM - 9:50 AM

Fee: Class \$5 R / \$6 NR
Package 10 classes \$30 R / \$40 NR

Advanced Senior Aerobics

Advanced Senior Aerobics class is for our active seniors that are looking for more cardiovascular exercise and a faster pace. People of all ages are welcome to join in the fun!!!

Registration: Open Registration

Classes: MWF 9:00 AM - 9:50 AM

Fee: Package 10 classes \$30 R / \$40 NR